‘Overdoses used to stand out’

FIRST RESPONDERS

An ‘epidemic’ of fentanyl-related deaths may only be getting worse

Shane Gibson

Statistics show the number of fentanyl-related deaths in Winnipeg rose from 13 in 2014 to 20 in 2015. ISTOCK

The rash of suspected fentanyl-related deaths making news in Winnipeg is just the tip of the iceberg of a problem that’s only getting worse, according to some on the frontlines.

Winnipeg firefighter paramedic Derek Balcaen says for every death that makes headlines, there are several others who first responders are able to save before they become a grim front page statistic.

“Overdoses used to stand out,” says the 11-year veteran of the Winnipeg Firefighter Paramedic Service. “But over the last six months the prevalence of these calls has shot through the roof to the point where our crews are going on these calls basically every day.

“And it’s not just only in the drug houses; we’re seeing this at Friday night parties in Royalwood just as much as we’re seeing it in the North End and everywhere in between.”

Statistics from Manitoba’s Office of the Chief Medical Examiner show the number of fentanyl-related deaths in Winnipeg rose from 13 in 2014 to 20 in 2015. The number of victims is expected to rise again in 2016 with nine fentanyl-related deaths already confirmed in the first five months, and a string of new suspected cases reported in November alone.

The opiate — 100 times more powerful than morphine — is so addictive Balcaen says crews are starting to see the same overdose victims multiple times, and says first responders were recently called to a home twice in the same day after the girlfriend of man who’d overdosed in the morning overdosed herself hours later.

Stories like those don’t surprise Dr. Ginette Poulin from the Addictions Foundation of Manitoba.

“What many of my patients would tell me is that if they see that people are overdosing... for them, that just means that’s the good stuff,” she says.

And to make matters worse Poulin says she’s now seeing drugs like crystal meth, cocaine — and even pot — being laced with fentanyl, meaning users with no tolerance to opiates can overdose unknowingly.

Balcaen calls what he’s seeing an epidemic, and it’s led the United Fire Fighters of Winnipeg to start a union-funded public safety campaign to educate the public about the dangers of fentanyl and the even more powerful carfentanil, a large animal tranquilizer 100 times more lethal than fentanyl.

“The main point is to make sure parents are talking to their kids about this,” says Balcaen. “This is not your average recreational drug — it’s different and it is lethal.”

PUBLIC SAFETY

Go to uffw.ca/videos to see the latest commercials from the United Fire Fighters of Winnipeg’s public safety campaign about the dangers of fentanyl and carfentanil.

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Winnipeg metro

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Helene Vosters is embroidering all 94 recommendations from the Truth and Reconciliation report onto flags.
LYLE STAFFORD/FOR METRO FILE

HEALING PATH

Two years after the Truth and Reconciliation report, Winnipeggers reflect on how far we've come metroNEWS

Soccer net checkup

TRAGEDY

Councillor urges safety audit after teen's death in Ontario

Braeden Jones
Metro | Winnipeg

After a recent accident involving a soccer net killed an Ontario teen, one Winnipeg city councillor immediately thought about the safety of his own city's many pitches.

In the fatal tragedy last week, Winnipeg-born Garrett Mills, 15, was struck in the head and killed by the crossbar of an unanchored soccer net in Napanee, Ont.

Coun. Russ Wyatt said he soon after inquired with the public-works department about preventing similar tragedies in Winnipeg.

Although city maintenance crews had already begun reviewing fields to make sure the nets are safe, as they regularly do whenever they mow, the city doesn't maintain all of the 530 pitches in the city. Some are managed and maintained by community clubs.

Wyatt said he was told the portable nets at clubs move more frequently and are thus more likely to be of concern.

The city has already communicated to clubs the need to ensure nets are anchored, but Wyatt thinks there's an opportunity to inject some consistency into this aspect of pitch management.

"My concern is that this isn't just a communication piece; there needs to be a safety audit done, making sure these things are properly installed either by volunteers who are properly trained or city staff who would do checks," Wyatt said. "We need to have one system to ensure that safety."

He's asked senior staff to ensure all city- and club-run sites are checked for safety.

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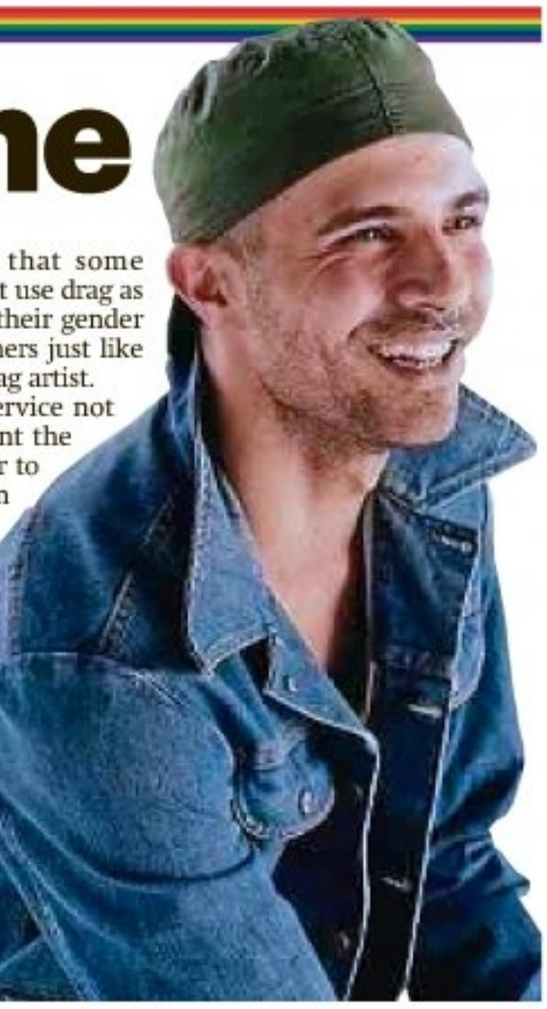
Pride 30 FOR 30

Ray of sunshine



LGBTQ

Bobbi Hudon helps people explore their gender identity

Danelle Granger
For Metro | Winnipeg

While Bobbi Hudon proudly dresses up in drag as Pharaoh Moans, he also helps provide a safe space for others to feel just as comfortable wearing what they want.

As the volunteer co-ordinator with Like That, a program run through Sunshine House where members can explore gender identity and sexuality, Hudon facilitates workshops and events such as the drag taco sale and drag bingos. He has been there since the program's inception two and a half years ago.

Hudon said one of his favourite memories from Like That is a humble one. There's a donation-based clothing room in Sunshine House where participants can take clothes they need or offer clothes they don't want anymore.

"One of my favourite moments there was when someone decided to explore their gender identity by wearing clothing of the opposite gender," said Hudon. "And they were able to do that at Sunshine House for the very first time in their life because their home life didn't necessarily support that exploration. That was a beautiful moment."

Hudon added that some people at Like That use drag as a way to explore their gender identity, while others just like to perform as a drag artist.

"I use it as a service not always to represent the opposite gender or to represent my own gender, I use it to kind of meet in the middle," he said.

"I love androgyny, and I think what's most important about drag is that it's an expression of one's liberated self."

Bobbi Hudon
JODY KLASSEN

METRO ASKS: BOBBI HUDON

Favourite Pride moment

I have to say that there are so many things going on in this Pride that have become my favourite Pride moments ever. There's something very special about the way we are approaching Pride this year with the resurgence theme and I really think the Two-Spirited Pow Wow was of the most magical moments of my personal Pride all together.

Why was Pride important 30 years ago?

Pride was important 30 years ago because that was the moment where people in the gay community stood their ground and shifted a lot of energy towards being proud of being queer. Beforehand there was so much shame and so much confusion and finally we had as a collective fought back in a sense and we owned our own sexualities.

Why is Pride important now?

It gives a chance to show our true colours to the world, and it allows us to support one another as we are doing so. And it is also important because what we stand our ground for today, will impact the future and the next generation of queers.

Trans activist sharing LGBTQ stories in zine

Janis Maudlin has been hearing stories from people in the LGBTQ community in regards to their interactions with police. And not all of them jibe with a recent Pride Winnipeg survey.

The 24-year-old, who identifies as a trans queer person, said she felt Pride minimized some community members' negative experiences with police. She's compiling those stories into a zine, and plans to hand it out at this year's festival.

"I felt that Pride (Winnipeg) shared the results of the survey on policing in ways that erased or tried to amalgamate people's negative experiences," she said.

A survey of more than 600 Pride Winnipeg members revealed 62 per cent of respondents thought it was OK for police to march in Pride in regular or pink uniforms.

"It is very important to me that these stories are shared and not brushed under the rug," said Maudlin.

Janis Maudlin LYLE STAFFORD/METRO

Pride Winnipeg ultimately decided to allow police to participate in this year's parade, but not in uniform. Maudlin also organizes a queer program at a local bike shop, the Wrench, teaching women and trans people how to repair bicycles. It runs from 2-5 p.m. on Sundays. Maudlin said there will be a tent at Pride.

Favourite Pride moment?

I was in Toronto during Pride last year, and was so inspired and excited by the size and range of the trans march that took place there. Definitely my favourite moment though, was when Black Lives Matter Toronto shut down the Pride Parade to bring their demands forward. As the entire march sat down on the ground to wait for the Pride director's decision, I witnessed so much solidarity and community throughout the streets.

Why was Pride important 30 years ago?

Thirty years ago, queers faced a really explicit violence that demanded resistance. That's what Pride was back then: a resistance movement. People's lives and safety were threatened, making resistance to those threats necessary for survival. This resistance took the form of riots, and Pride Marches, as folks demanded their right to live free from violence at the hands of the police and the laws that they enforced.

Why is Pride important today?

I think Pride is important today as a celebration of the queer resilience and resistance to police and state violence that brought us to where we are right now.

We have an incredible history that is so inspiring and worth celebrating!

DANELLE GRANGER/METRO, WITH FILES FROM JESSICA BOTELHO-URBANSKI

HAPPY PRIDE!

This is our last instalment of the Pride 30 for 30 project. On behalf of all of us at Metro Winnipeg, we would like to thank everyone who nominated someone or participated. It's been a privilege getting to listen, read and learn about the strong voices in the LGBTQ community. Thank you for trusting us to share your stories widely. Visibility matters and saves lives. Happy 30th Pride!

City answering calls to action

INDIGENOUS RIGHTS

Truth and Reconciliation progress here a 'wakeup call'

Jessica Botelho-Urbanski
Metro | Winnipeg

Friday marks the second anniversary of the release of the Truth and Reconciliation Commission's final report, which spurred Indigenization among many Winnipeg institutions.

From Mayor Brian Bowman declaring 2016 as a year of reconciliation, to the University of Winnipeg introducing an Indigenous course requirement, local developments have shown the city is stepping up in terms of reconciliation, said Damon Johnston, president of the Aboriginal Council of Winnipeg.

"What we're seeing from the city is in some cases better leadership than things we're seeing from the federal government or the provincial government," he said. "So I think that, in and of itself, sends a message to those other governments and gives them a wakeup call to maybe get some more action out of them."

Implementing the 94 calls to action presented in the TRC report isn't rocket science, but will require "uncomfortable conversations" to get everyone on board, Johnston said.

"None of this stuff is really that complex. What gets in the way is our willingness to go where we need to go and (finding) agreement," he said.

> **What gets in the way is our willingness to go where we need to go.**
> Damon Johnston

Kevin Lamoureux, U of W's associate vice president of Indigenous affairs, hopes the school's commitment to Indigenizing will have ripple effects in the broader community. The Indigenous course requirement is only a small piece of the puzzle, he said.

"The most difficult challenge I get from our students is the question of 'Why didn't I learn this any sooner?' I think that Canadians are desperate for reconciliation," Lamoureux said. "Now that we're able to frame a lot of the realities that we had grown up with — in terms of the impacts of colonization and residential schools — and can chart a path forward given the calls to action, I think that Winnipeggers and Canadians in general are eager to participate (in reconciliation) ... They want to see change."

Winnipegger Helene Vosters, who Metro first spoke with in March, is marking the TRC report's second anniversary by continuing to sew the calls to action onto Canadian flags.

She'll be living in Toronto this summer where she plans to introduce the project to new sewing circles.

"The flags are still far from complete — but that was never the point of the project," Vosters said. "Each time I sew with others I learn something and I love seeing the flags take on the multiple signatures of individual stitchers."

Helene Vosters is marking the TRC report's second anniversary by working with sewing circles to sew the calls to action onto Canadian flags. LYLE STAFFORD/FOR METRO

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Raunchy rodents star in campaign

SEX EDUCATION

Sextortion project gets international attention

Jessica Botelho-Urbanski
Metro | Winnipeg

Rodents have never looked so raunchy.

Thanks to a humorous campaign launched by the Winnipeg-based Canadian Centre for Child Protection last week, memes of naked mole rats are earning international attention in a fight to stop sextortion.

"Simply put, sextortion is blackmail," the campaign website, dontgetsextorted.com, explains. "It's when someone threatens to send a sexual image or video of you to other people if you don't pay them or provide more sexual content."

Rather than send naked pictures to suitors, the campaign encourages teens to send naked mole rats instead.

The campaign has been mentioned by The New Yorker and Cosmopolitan this week, as well as various police forces across Canada, Australia and New Zealand.

"We're surprised. We knew based on the fact that it's hard to ignore the naked mole rat and what it potentially implies, we felt the humour might generate some attention," said Signy Arnason, the centre's associate executive director. She hopes using humour to spotlight a disturbing trend spurs conversations among parents and teens.

For those who have been targets of sextortion, the Canadian Centre for Child Protection operates cybertip.ca as a portal for help.

Naked mole rats TORSTAR NEWS SERVICE FILE

Province misses poverty reduction strategy deadline

Braeden Jones
Metro | Winnipeg

Under the Poverty Reduction Strategy Act, the province of Manitoba was required to update its long-term strategy to pull impoverished Manitobans above the poverty line by May 2017.

But at the stroke of midnight Wednesday, as May turned to June, no such plan had been released. So advocacy group Make Poverty History Manitoba (MPHM) is demanding action, saying they "can't let time to continue to pass without a strategy in place."

"They were obliged under the act to release an update of the poverty reduction plan aline has now passed," said Josh Brandon, MPHM chairperson. "So we're calling on the government to stop delaying and conduct consultations as soon as possible."

A spokesperson for Fielding said the government cannot respond during a blackout period leading up to the byelection June 13.

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Unions vow to challenge wage-freeze legislation

ECONOMY

'Billion-dollar deficits' puts services at risk, premier says

Manitoba public-sector unions said Thursday they will file a court challenge against a proposed law that would freeze their members' wages for two years.

The announcement came as the Progressive Conservative government was working to pass the bill through a final vote, along with about two dozen others, on the last day of the spring legislature sitting.

"We're very disappointed the government's not willing to negotiate at a bargaining table. They're choosing the heavy-handed approach of legislation to get their way," said Kevin Rebeck, president of the Manitoba Federation of Labour.

"Their intentions have been very clear, so we're working to make sure that we can launch a legal challenge in the coming weeks."

Premier Brian Pallister said the wage freeze is needed to bring the deficit under control, and his Progressive Conservative government was elected last year to get the province's finances in order.

"We can't accept billion-dollar deficits any more. It's putting our services at risk," Pallister said.

The wage-freeze bill was introduced in March. It proposes that as each public-sector collective agreement expires, a two-year wage freeze be brought in, followed by increases of 0.75 per cent and one per cent in the third and fourth years.

Other proposed laws include one that would reduce the number of bargaining units in the health care sector. Another seeks to create a new Crown agency to promote energy efficiency.

THE CANADIAN PRESS

Premier Brian Pallister says a wage freeze is needed to bring the province's deficit under control. THE CANADIAN PRESS

FIRST NATIONS

New homes coming for flood-hit reserve

The first new houses are on the way for a Manitoba First Nations community devastated by flooding six years ago.

The Lake St. Martin reserve was hit hard in the spring of 2011 and almost 2,000 people had to leave their homes.

Last November, Indigenous and Northern Affairs Canada put out a bid for tenders to build 150 homes in the community.

Many have been living in hotels and rental suites in Winnipeg and elsewhere during the long wait to return home.

Matix Lumber held a celebration this morning to mark the first home leaving its yard and heading to the reserve, about 225 kilometres northwest of Winnipeg.

Lake St. Martin Chief Adrian Sinclair, members of his council and representatives of the provincial and federal government attended the ceremony.

In January, the Manitoba Court of Appeal approved a class-action lawsuit by four First Nations, including Lake St. Martin, against the provincial government.

BY THE NUMBERS

2,000

The number of people who had to leave their homes in the Lake St. Martin reserve that was hit hard by flooding in the spring of 2011.

The central question is whether the province's action to fight the high water caused the extensive Interlake flooding that affected 7,000 people.

Manitoba responded to the flood by diverting water from the Assiniboine River system to Lake Manitoba. The First Nations argue that spared the urban south from the brunt of the damage at the expense of their area.

The province has always denied the allegation.

The federal government's cost of accommodating displaced First Nations members had topped $90 million by 2014.

THE CANADIAN PRESS

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U.S. pulls out of Paris climate accord

ENVIRONMENT

Decision is a blow to global efforts to stem climate change

Donald Trump said the U.S. is ready to begin negotiations on another deal. GETTY IMAGES

U.S. President Donald Trump has announced his intention to withdraw the United States from the historic Paris agreement on fighting climate change, dealing a blow to the international effort to address a problem he calls a hoax and isolating the U.S. from almost the entire world.

Trump added that he would attempt to negotiate a climate deal on different terms, though he did not say what kinds of changes would satisfy him.

The absence of the U.S. may make other countries, developed and developing, feel less compelled to meet their own commitments under the accord.

"In order to fulfil my solemn duty to protect America and its citizens, the United States will withdraw from the Paris climate accord, but begin negotiations to re-enter either the Paris accord or a really entirely new transaction on terms that are fair to the United States," Trump said in a speech in the White House Rose Garden on Thursday afternoon. "So we're getting out, but we will start to negotiate."

The withdrawal of the world's biggest economy and second-biggest emitter of carbon dioxide could have far-reaching consequences for the climate and for international affairs. Trump's decision, which triggered a global chorus of condemnation, increases the chances that the world will experience the most catastrophic consequences of sharply rising temperatures, such as deadly droughts and heat waves, severe coastal flooding and mass migration.

It was unclear what Trump would seek to renegotiate. The national emissions reduction targets central to the deal are voluntary; Trump, in other words, could essentially have negotiated with himself, making the U.S. target less ambitious while remaining in the agreement.

But he framed the deal as a kind of global conspiracy to take advantage of the U.S., imposing few burdens on other top polluters while hampering American firms with supposed restrictions he did not specify. He called it "very unfair, at the highest level, to the United States."

He aimed his rhetoric at the heartland voters unhappy about the decline of traditional manufacturing, saying the deal would keep factories from closing.

"I was elected to represent the citizens of Pittsburgh, not Paris," he said.

That memorable line drew a response from Pittsburgh's Democratic mayor, Bill Peduto.

"As the Mayor of Pittsburgh, I can assure you that we will follow the guidelines of the Paris Agreement for our people, our economy & future," he tweeted.

At very least, Trump's decision signals a major shift in the U.S. approach to international relations. Using the kind of nationalist language favoured by his chief strategist, Steve Bannon, he called it a "reassertion of American sovereignty." His critics described it as evidence of a retreat from America's traditional position of global leadership. TORSTAR NEWS SERVICE

DETAILS

The withdrawal makes the U.S. the third country to put themselves outside of the pact. The other two are Syria, which is embroiled in a civil war, and Nicaragua, which believes the deal was not stringent enough.

PHILIPPINES

Terror ties doubted in shooting

Gunshots and explosions erupted after midnight in a hotel and casino complex near Manila's airport, sending hundreds fleeing into darkened streets early Friday in what police said was an attack by a lone gunman with no apparent links to terrorism.

A Filipino operative for Daesh, in a quick communiqué, took responsibility for the attack. But police cast doubt on any such links.

A guard was shot during the melee but survived, and more than 70 others suffered mostly minor injuries in a stampede to get away from the gunman, who was wielding an assault rifle.

The violence unfolded as Muslim militants aligned with Daesh fended off government forces for a 10th day in the southern city of Marawi. That unrest had sparked fears that the militants might attack elsewhere to divert the focus of thousands of troops trying to quell the siege.

The gunman stole gambling chips, shot an LED monitor and set gambling tables ablaze by pouring gasoline on them, but did not fire at people he met, officials said. THE ASSOCIATED PRESS

ONTARIO

Ex-nurse pleads guilty to murdering eight seniors

She had become "overwhelmingly angry" about the direction of her career and life and said God was telling her to kill.

On Thursday, Woodstock nurse Elizabeth Wettlaufer pleaded guilty to murdering eight elderly patients at the three long-term care homes where she once worked.

When Justice Bruce Thomas of Superior Court asked if she was admitting to fatally injecting her victims with insulin for no medical reason, she replied: "Yes, your honour."

Wettlaufer also pleaded guilty to attempting to kill four other people, and to two charges of aggravated assault.

Now one of the most prolific serial killers in Canadian history, she is facing what could be the harshest sentence ever doled out in this country.

If Justice Bruce Thomas of the Superior Court accepts the sentencing recommendations jointly put forward Thursday by both the prosecution and defense, the 49-year-old would be sentenced to eight consecutive 25-year life sentences for first-degree murder and an additional 54 years for the other charges. She is due back in court on June 26.

Family members in the packed courtroom sobbed as Wettlaufer quietly responded "guilty" as the names of each of the victims were read aloud in court.

Some left in tears as details of the murders were aired throughout the day, first by an agreed statement of facts that took several hours for the prosecutor to read aloud and then through a two-and-a-half-hour videotaped confession with police.

The police investigation into Wettlaufer began last September after they became aware of information she had given to the Centre for Addiction and Mental Health in Toronto.

After being released from CAMH, Wettlaufer agreed to speak with police and appeared before a judge.

She was diagnosed with adult anti-social behaviour, major depressive disorder and mild opioid/alcohol dependence, court heard.

In the videotaped interview with detectives, she said that she used drugs to fuel her addiction, including from a safe where deceased patients' medication would be stored. TORSTAR NEWS SERVICE

metro SCIENCE

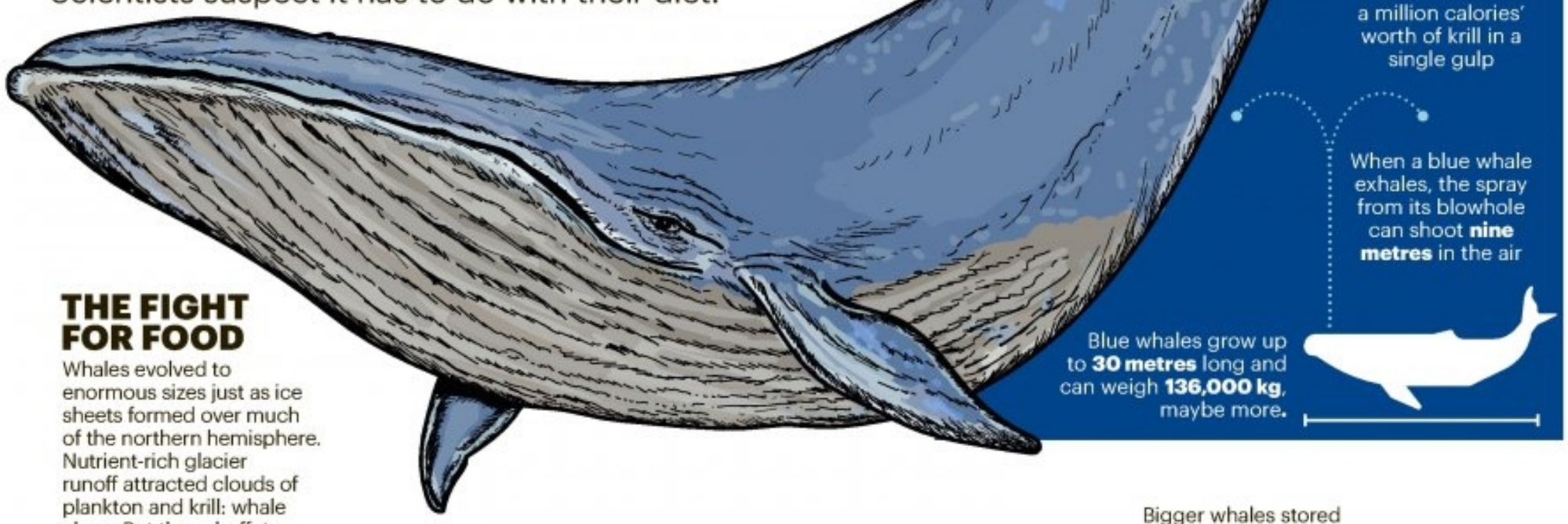
Your essential science news

Ancient DNA has been recovered from 3,400-year-old Egyptian mummies

DECODED by Genna Buck and Andrés Plana

HOW WHALES GOT SO HUGE

They're the biggest animals to have ever lived on Earth, as far as we know. And a new study says baleen whales — the group of gargantuan filter-feeders that includes bowheads, fin whales, and the biggest of all, blue whales — all became enormous rather quickly, about 4.5 million years ago. Why? Scientists suspect it has to do with their diet.


BIG FACTS
Blue whales can engulf **110 tons** of water and half a million calories' worth of krill in a single gulp
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Blue whales grow up to **30 metres** long and can weigh **136,000 kg**, maybe more.

THE FIGHT FOR FOOD

Whales evolved to enormous sizes just as ice sheets formed over much of the northern hemisphere. Nutrient-rich glacier runoff attracted clouds of plankton and krill: whale chow. But these buffets appeared at different times in different parts of the world, requiring whales to sojourn across the sea.

Smaller whales couldn't feed as much or travel as far; many went extinct.
Bigger whales stored more energy, ate more and could swim vast distances. They were more likely to survive and reproduce.

FINDINGS
Your week in science

TURTLE REVOLUTION

A teeny-tiny Ontario town has totally tamed its tally of tortured turtles. Back in 2003, 10,000 creatures, including rare Blanding's turtles, met their deaths every year on the 3.6-km highway connecting the peninsula hamlet of Long Point on Lake Erie to the mainland. But the community rallied for change, erecting fences, flashing signs and under-highway turtle tunnels. Careful scientific monitoring has shown an 89 per cent reduction in turtle mortality.

SOUND SMART

PLANKTON

DEFINITION

Plankton are a diverse group of species that live totally suspended in large bodies of water, unable to swim against a current.

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I ate so much over the long weekend, pies were as defenceless as **plankton** against the current of my appetite.

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Gal of wonder

Gadot discovers power in superhero's iconic costume

Despite wielding the golden lasso and deflecting bullets with her bracelets on the big screen for more than a year, Wonder Woman star Gal Gadot still doesn't see herself as a superhero.

"I'm not there yet," the 32-year-old actress said in a recent interview. "When I look on playback or I look at the monitor, it's not there yet. I know it's me. I understand everything, but I still don't get that I'm doing this iconic character ... It's crazy."

Gadot didn't grow up with Wonder Woman and wasn't a big superhero fan as a child. A former Miss Israel, she started her acting career there before making her American movie debut in 2009's Fast & Furious.

But she dug into stacks of comic books and the 1970s Wonder Woman TV show once she was cast as the Amazon princess, and quickly realized what an exceptional character she'd be playing.

"On the one hand, she owns something that is usually owned by men, which is the strength and the power" Gadot said. "But she brings the feminine qualities with her, which are love and warmth and compassion. And if you bond those two worlds together, then you get a very special, beautiful, whole character."

Director Patty Jenkins said Gadot embodies some of Wonder Woman's best attributes in real life.

"She has such inner strength, such an iron temperament, that she could work through anything and always keep an upbeat attitude," Jenkins said of the actress. "She's a pretty amazing person."

For Gadot, wearing Wonder Woman's classic red-and-blue costume helped her feel like a superhero — especially once the outfit was retooled after she made her debut as the character in last year's cinematic showdown between Batman and Superman.

"The first time I tried the costume was for Batman v Superman and it was tight and it was different," she said. "This time around we did a lot of adjustments because I had to wear it for six months, six days a week, every week so I had to feel really comfortable in it and be able to perform and move and fight."

The actress was empowered by an additional six months of pre-production training that included horseback riding, swordplay and dramatic fight choreography. And even if she can't quite see herself as Wonder Woman — a Lynda Carter for the next generation — wearing the costume brings her the closest.

"It always gives me a little bit of oomph, I would say," Gadot said with a superhero smile. "Like now I'm stronger." THE ASSOCIATED PRESS

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Shakira presses play on family

MUSIC

Mother of two recently released her 11th album

Shakira may be a Grammy-winning, multiplatinum singer, but these days she's calling music a hobby.

Singing has taken a back seat to motherhood for the 40-year-old Colombian sensation, who has two sons, ages 4 and 2.

"For years I spent my life pressing pause on those things that are now my priority, like having a family. I pressed pause on that. Now, I hit play," Shakira said with a laugh. "I formed a family, and it's the most wonderful thing, the most important thing to me."

Shakira said it was difficult to approach making new music after spending so much time with her family. When she started working in the recording studio, she said she dealt with writer's block and didn't want to be away from her children.

"I was in front of this white canvas and sort of panicking, and I was, at the same time, conflicted because I didn't want to stop spending time with my kids, but I also wanted to attend to my own needs as a creator, as an artist, as a producer," she said.

She decided to release music in her own way and at her own pace. Instead of putting out a full album, she released songs when she wanted without announcing when an album would finally come.

Shakira's newest album, El Dorado, was made on her own terms.
VICTORIA WILL/ INVISION/ THE ASSOCIATED PRESS

"It completely changed my game and it incentivized me to make more music and not take this whole project as a whole body of work, but just concentrate all of my energy on each song and take and do all of the efforts but one song at a time ... instead of looking at this project like a big Everest mountain that I had to climb," she said. "I began to see it as a ... fun road trip."

"It was more fun than any of my previous albums because before I had many demands (and) requests by others."

Before she released her 11th album, El Dorado, last week, Shakira dropped four singles, including La Bicicleta with Carlos Vives — which won song and record of the year at last year's Latin Grammys — and Chantaje, a No. 1 hit on Billboard's Hot Latin songs chart with fellow Colombian singer Maluma.

Shakira co-wrote all of the tracks and said they are very personal.

"I have no other way to make music. It's the only way I know," she said. THE ASSOCIATED PRESS

TAKE OFF, EH!

Hosers team up for charity

Break out the beer and tuques: Bob and Doug McKenzie are reuniting in the name of charity.

Rick Moranis and Dave Thomas are reviving their portrayals of the dim-witted hosers of SCTV fame for a star-studded comedy fundraiser in Toronto on July 18. "Take Off, Eh!" will also feature SCTV alums Martin Short, Catherine O'Hara and Eugene Levy.

The benefit is being held in support of Thomas's nephew, Jake, who was left paralyzed from the waist down after a snowmobiling injury in January.
THE CANADIAN PRESS

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Soren shows his kid side in Captain Underpants

INTERVIEW

Canadian director brings potty humour to latest flick

Richard Crouse
For Metro Canada

David Soren calls Captain Underpants: The First Epic Movie, his adaptation of Dav Pilkey's best-selling books for kids, subversive.

The animated film is the story of rambunctious fourth graders George Beard and Harold Hutchins (voiced by Kevin Hart and Thomas Middleditch). Best friends, they sell homemade comics about their favourite character, Captain Underpants. They're also pranksters so often in trouble there are two chairs outside the principal's office reserved specifically for them.

Soren says that wild temperament "is one of the things that made the books successful and controversial at the same time. I've never personally understood the controversy, specifically in the case of the books. There is a rebellious spirit to those characters. They are not little angels and I think that is part of why kids love reading them."

George and Harold's principal, Mr. Krupp (voiced by Ed Helms), is a grumpy old man who hates comics, Christmas and kittens, and has a plan to end the pranks and annihilate their friendship.

"They've got a terrible principal who is doing horrible things to their school, cancelling music and arts and putting an electronic door opening in his office instead. (It's good to) stand up to that kind of authority, it deserves to be questioned," Soren says.

The Toronto-born, Hamilton-raised animator has worked in Los Angeles for 20 years, working on films like The Road to El Dorado, Chicken Run and Shrek. It's a resumé that suggests he's hung onto his child-like creativity.

> **You need a little bit of that nonconformist attitude when you are an artist, and making movies in general.**
> David Soren

"I think it is something I never lost. You need a little bit of that nonconformist attitude when you are an artist, and making movies in general. Especially when you're trying to get a point of view across. Movies are best when they have a point of view and if they get too watered down or become too generic they cease to have an identity anymore."

There's no question Captain Underpants has an identity. How many other movies feature a talking toilet or a musical Whoopee Cushion symphony?

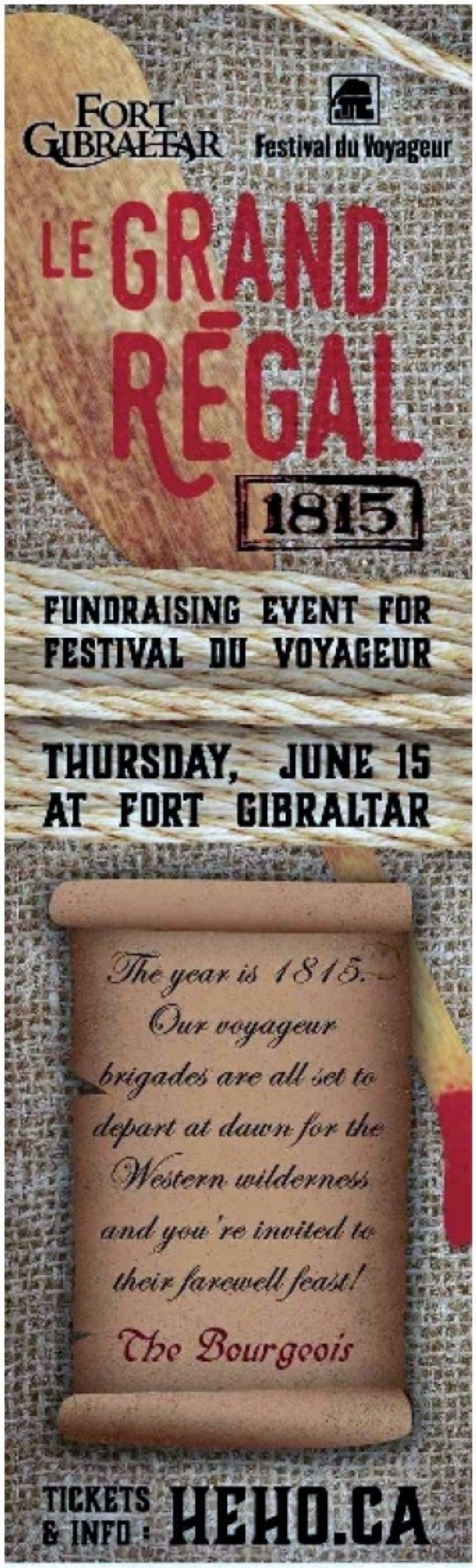
"Obviously you can't make a Captain Underpants movie without potty humour," he says. "But we did hold ourselves to a very high standard. We would not go there unless it was truly very funny."

Ed Helms lends his voice to two characters, including the titled hero, in Captain Underpants. DREAMWORKS ANIMATION

MOVIE RATINGS by Richard Crouse

Wonder Woman	★★★★
Captain Underpants	★★★
Drone	★★
#AnAmericanDream	★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT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Stuff your face with a healthy burger this Turkey Month

Pop-up barbecue to educate Manitobans on how important turkey is to local economy

It's Turkey Month in Manitoba, and the Manitoba Turkey Producers are marking the occasion by giving away delicious turkey burgers.

Manitoba's Minister of Agriculture, Ralph Eichler, has officially declared June as Turkey Month across the province, and the Manitoba Turkey Producers are inviting the public to come join the celebration at a free pop-up barbecue they're planning in Winnipeg with the help of Granny's Poultry Farmers Cooperative.

"This year, we wanted to do something a little different with the help of our partnership with Granny's Poultry Farmers Cooperative," says Manitoba Turkey Producers' Marketing and Communications Coordinator, Lynne Roy. "We thought a pop-up barbecue was a great idea."

The pop-up barbecue will be held Thursday, June 8 from 11 a.m. to 1 p.m. at Corus Radio's studios at 1440 Jack Blick Ave., right next to Polo Park Shopping Centre.

The first 250 guests will receive barbecued Granny's turkey burgers and have the chance to win some great prizes, says Roy.

"Manitoban's know turkey is delicious and healthier than other meats, but they might not know how important turkey is to Manitoba's economy — Manitoba Turkey Producers market over 1.3 million birds annually, making up seven per cent of Canada's turkey industry," says Roy. "Turkey Month is a great chance for Manitobans to think turkey when planning great meals that the family will love."

Established in 1968, the Manitoba Turkey Producers represents 57 turkey-producing farm families across the province. Each of those families produces an average of 7,000 turkeys, three times a year.

The Manitoba Government has declared June the province's month of turkey for several years, and the tradition gives the Manitoba Turkey Producers the chance to shine a light on the farm families it represents, says Roy.

"It's an opportunity for us to increase promotions for the consumption of locally-produced turkey," says Roy. "We're happy to be able to celebrate Turkey Month with all Manitobans."

For more information on the Manitoba Turkey Producers and to find delicious turkey recipes, go to makeitwithturkey.ca.

CONTRIBUTED

TURKEY MONTH IS A GREAT CHANCE FOR MANITOBANS TO THINK TURKEY WHEN PLANNING GREAT MEALS THAT THE FAMILY WILL LOVE.

– Lynne Roy

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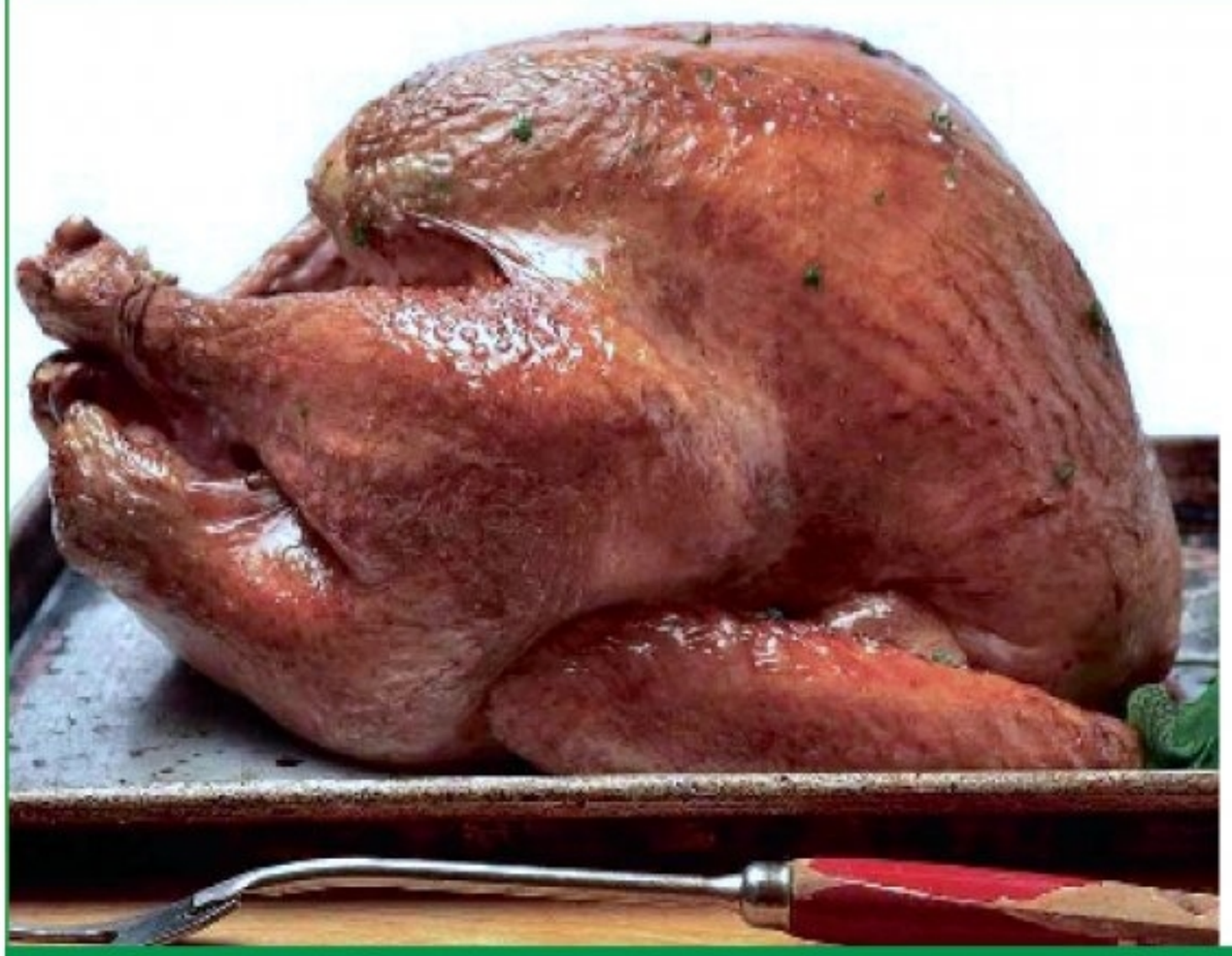

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CELEBRATING CANADA'S GIFTS TO THE WORLD

10 essential Canadian films

MOVIES

Searching for a good movie, eh? Look no further...

Rhonda Riche

Canada has produced more than its share of celebrated actors and directors, but its movie industry lacks the box office power of Hollywood and Bollywood. But that's okay because, most importantly, Canadian films excel at telling Canadian stories. Here are 10 must-see movies from the True North.

1 Room (2015)
Based on the book by Anne Donoghue, this indie film swept the Canadian Screen Awards.

2 Jesus of Montreal (1989)
Director Denys Arcand's comedy about actors in a Passion Play was nominated for an Academy Award for Best Foreign Language Film.

3 Agnes of God (1985)
Set in a convent near Montreal, Norman Jewison's drama stands out for its Oscar-nominated turns by Anne Bancroft and Meg Tilly.

4 Goin' Down the Road (1970)
Don Shebib's low-budget movie tracks two young Maritimers who travel to Toronto in search of jobs. Its cultural legacy was underlined by the fact that it was parodied by SCTV.

5 Atanarjuat: The Fast Runner (2001)
The first feature film ever to be written, directed and acted entirely in the Inuktitut language, Zacharias Kunuk's visually stunning film is based on an age old Inuit tale. A 2015 poll named it the greatest Canadian film of all time.

Atanarjuat: The Fast Runner. TORSTAR FILE PHOTO

The 1970 cult classic Goin' Down The Road inspired a famous SCTV parody. TORSTAR FILE PHOTO

6 Le Confessional (1995)
Celebrated theatre director Robert Lepage made his big-screen debut with this mystery set between contemporary Quebec City and Alfred Hitchcock's 1952 film, I Confess.

7 Away From Her (2006)
Written and directed by Sarah Polley, this moving film is based on an Alice Monroe short story and stars Gordon Pinsent. It doesn't get much more Canadian than that.

2006's Away From Her. TORSTAR FILE PHOTO

8 The Sweet Hereafter (1997)
Atom Egoyan's critically acclaimed adaptation of Russel Banks's book, this stirring drama looks at the lives of a community caught up in grief after a school bus disaster. It won the Grand Prix at Cannes.

9 32 Short Films About Glenn Gould (1993)
François Girard's eclectic take on the music of pianist Glenn Gould also broke film convention by mixing live action with documentary footage to create the filmic equivalent of the variations on a theme that Gould was famous for.

10 Kanehsatake: 270 Years of Resistance (1993)
Through the National Film Board, Canada has produced many great documentaries. Alanis Obomsawin's movie covering the Oka Crisis still resonates in our current political climate.

CULT HITS

Quirky Canuck classics

Canadian films also have a reputation for being unconventional. Here are five far-out films that deserve your attention.

Goon (2011)
This flick about a hockey enforcer was directed by Michael Dowse and written by Jay Baruchel and Evan Goldberg.

Perfectly Normal (1990)
Robbie Coltrane and Michael Riley star as a hockey-loving factory worker and an opera aficionado slash grifter.

Hard Core Logo (1996)
Bruce McDonald's mockumentary about a legendary punk band's reunion stars real-life Canadian musicians, such as Hugh Dillon, and punk hero Joey Ramone.

Hard Core Logo. TORSTAR FILE PHOTO

The Saddest Music in the World (2003)
Winnipeg's Guy Maddin directed this story about a Winnipeg brewery owner (played by Isabella Rossellini) and her contest to discover which country's music is the saddest.

The Big Snit (1985)
In the mid-'80s, when the world was pretty much convinced that nuclear destruction was right around the corner, Richard Condie's animated short made us laugh and think.

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FOOD & DRINK

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Long-time regular Morti Braustein, pictured with third-generation owner Sharon Wilensky, can remember when the **Wilensky Special** was only 17 cents, in 1952. RENÉE S. SUEN/FOR METRO

The venison dish at **L'Atelier de Joël Robuchon** is a celebration of everything Québécois. RENÉE S. SUEN/FOR METRO

Back in 2006, the now-defunct Gourmet magazine published an issue devoted to the culinary prowess of Montreal. Moved by a desire to devour every suggestion, I ate my way through the city, guided by my Post-it flags.

From Toqué! to Joe Beef and Au Pied de Cochon, my first foray into Montreal's unique and enviable dining scene was an introduction to its luminaries: Normand Laprise, Martin Picard, David McMillan and Fred Morin. Built on Québécois recipes, traditional haute cuisine and locally grown ingredients, these chef-restaurateurs are responsible for the experiences that continue to define Canadian cuisine.

Ask anyone for Montreal recommendations and I guarantee most will be food-related. The must-tries are endless: smoked meat, raw-milk cheeses, brewpubs or Montreal-style bagels.

I discovered the link between those flavours and the 120 cultural communities who settled along Boulevard St.-Laurent on Fitz & Follwell's Flavours of The Main walking tour. A trove of knowledge, guide Louis Trudel deciphers everything encountered on the Destination Canada-recognized Signature Experience.

We focus on the north end, navigating through historical and significant landmarks, and taste examples of Montreal's rich immigrant heritage.

In Little Portugal, I learn the boulevard served as a physical divider between language, ethnicity and class as I bite through the flaky crust of Boulangerie Séraphin's pasteis de natas (Portuguese custard tarts).

"English-speakers populated the west; French-speakers stayed in the east," explains Trudel, "and immigrant communities, like the Chinese, Eastern European, Italian and Portuguese, was the bridge between them."

In old-world Mile End, we stop at Fairmount Bagel for a sesame bagel, and watch the staff churn out the iconic honey-water-boiled then wood-oven-baked numbers.

Before the next stop, I get a hushed warning: "There's always mustard and it's never cut. The only option you get is if you want cheese."

Gotcha. Intimidation quickly melts away as we belly up to the linoleum counter at Wilensky's Light Lunch. It's like we've stepped into 1932, save for the updated prices. I take a cue from the regulars and order the special: an all-beef bologna and salami sandwich. It's incredible. An umami bomb tucked within griddle-pressed cornmeal-dusted crusty golden layers of happiness.

The humble sandwich draws my attention from the homemade cherry cola and surrounding tchotchkes.

On the other end of the budget and culinary spectrum, juxtaposing this backdrop of culture and history, there's Casino de Montreal's controversial new L'Atelier de Joël Robuchon.

While critics credit the world's most decorated chef for his merit, Robuchon's residency has many Montreal-based restaurateurs wagging their fingers of discontent specifically at the rumoured $11 million spent on the project and the perception that government assistance was given to building a French import, and not into nurturing the local scene.

The opening volley of housemade breads uses Québec-sourced wheat and cheeses. Buttery fist-sized sea scallops from the Magdalen Islands are simply seared and topped with ginger and chives. Free-range Cerf de Boileau venison is a marvel of supple rare flesh snuggled close to seared Marieville foie gras, and punctuated by tart Notre-Dame-de-Lourdes cranberries.

Montreal isn't simply bagels and smoked meats, it boasts a sophisticated food scene. Here, an international headliner won't distract hungry diners from delicious local gems — Toqué!, Joe Beef or Wilensky's. Nor does it aspire to. Instead, L'Atelier's ability to fit in confirms that Montreal's established scene can welcome a highly respected culinary brand, and hold its own.

The world takes notice.

TORSTAR NEWS SERVICE

Renée S. Suen was hosted by Tourisme Montreal, Loto-Québec and the Casino de Montreal, which didn't review or approve this story.

WALK IT OFF

Fitz & Follwell's Flavours of The Main is divided into Segment 1 (Chinatown, former Red Light district, Jewish Quarter, and Little Portugal) and North City (Mile End and Little Italy, ending at Jean-Talon Market). Each three-hour tour can accommodate up to 12 people. The cost is $65 for adults, which includes food and drink samples, a bottle of water, and public transportation.

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SPORTS
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Situational savant

STANLEY CUP FINAL

Murray a rare rookie with chance to be a repeat champ

Matt Murray is relaxed, sitting in the dressing room with his pads still strapped on and a black Penguins hat tucked low on his head. He's been here before and it shows.

Technically still a rookie, the Pittsburgh netminder has just led his team to a 4-1 win over Nashville in Game 2 of the Stanley Cup final, putting him on the verge of possibly hoisting the coveted trophy not for the first time in his short career, but the second.

While many are in awe of the 23-year-old's grace under pressure on hockey's biggest stage, he remains nonchalant.

"A lot of stuff out there is out of your control so I just try not to worry about anything that I can't control and just worry about doing my job and trying to give the team the best chance to win," Murray said after Wednesday's 37-save performance.

Twice in two post-seasons, Penguins head coach Mike Sullivan has turned to Murray at the most crucial moments over Marc-Andre Fleury, the popular 32-year-old who won a Cup with the club in 2009.

Murray justified that decision last spring in helping the Pens to their fourth Stanley Cup and is well on the way to doing so again this year. The Thunder Bay, Ont., product outplayed Ottawa's Anderson for four games in the Eastern Conference final and has so far outclassed Predators goalie Pekka Rinne in the final. He's now 5-1 with a .949 even-strength save percentage in the playoffs and has a sparkling .928 clip in 28 career post-season appearances.

"He's just such a calming presence back there," Penguins defenceman Ian Cole said after the Game 2 win, which put Pittsburgh up 2-0 in the best-of-seven series.

"A goal goes in and he can play the exact same way right after that, which is hard for any goalie to do, but especially one that's still really quite young."

That coolness under fire was evident a year ago when Murray, with only 13 games of NHL experience, stepped in for a concussed Fleury and delivered.

Murray admits he's much more comfortable on the Cup stage this time around.

"You get to go out and play the game you love on the biggest stage," said Murray, the 83rd overall pick of the 2012 draft. "It's special to be a part of this. Nerves and excitement kind of mixed together, but yeah, that's every game for me." THE CANADIAN PRESS

Matt Murray of the Pittsburgh Penguins, right, handles the puck during Game Two of the 2017 NHL Stanley Cup Final against Nashville. KIRK IRWIN/GETTY IMAGES

> "In the times that we haven't controlled play, he's been our best player out there. Chris Kunitz

2017 NHL PLAYOFFS
GAME 3 LOOKAHEAD

IN BRIEF

Kluber shines in DL return as Indians thrash the A's

Corey Kluber pitched six shutout innings and struck out 10 in his first start since May 2 and the Cleveland Indians scored four runs during a strange sixth inning to beat the Oakland Athletics 5-0 on Thursday.

Kluber (4-2) had been sidelined with a strained lower back depriving a struggling rotation of its leader. The Indians came in with the AL's highest ERA. THE ASSOCIATED PRESS

Buchanan makes history as Lyon beats PSG in final

Kadeisha Buchanan made soccer history Thursday, becoming the first Canadian to hoist the Champions League trophy as Lyon defeated Paris Saint-Germain 7-6 in a penalty shootout in the final of European women's club soccer showcase.

The triumph came at the expense of fellow Canadian Ashley Lawrence, who played the full 120 minutes for PSG and converted her penalty in the shootout. THE CANADIAN PRESS

TENNIS

Injured Bouchard out of French Open

An ailing Eugenie Bouchard was eliminated from the French Open on Thursday following a 6-3, 6-0 loss to 17th-seed Anastasija Sevastova.

The player from Westmount, Que., clearly struggled, committing 22 unforced errors and failing to save break point on seven of nine chances.

The Canadian was playing in the second major of the season despite suffering a Grade 2 ankle sprain while preparing for last week's Nuremberg Cup.

She fought through the injury to win her first-round match against Japan's Risa Ozaki, but faltered against Latvia's Sevastova.

Trailing 5-0 in the second set, Bouchard double-faulted to set up match point, then hit an errant forehand to pick up her final unforced error of the match. Bouchard was a semifinalist at Roland Garros in 2014. THE CANADIAN PRESS

MAKE IT TONIGHT

Not-too-sweet Blueberry Lemon Corn Cake

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This not-too-sweet cake is sure to become a summer staple on your table. It's the perfect foil for fresh berries, whipped cream or even a scoop of ice cream.

Ready in 1 hour
Prep time: 15 minutes
Cook time: 45 minutes
Serves 8

Ingredients
- 2 cups spelt flour
- 1 cup corn meal
- 1/2 cup sugar
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- pinch of allspice
- 1/2 cup coconut oil, melted
- 1 cup Greek-style yogurt
- 2 eggs
- 2 Tbsp maple syrup
- 1/4 cup lemon curd
- 2 tsp vanilla extract
- juice and zest of 1/2 a lemon
- 1 1/2 cups blueberries

Directions
1. Preheat oven to 350. Grease a 9-inch round springform pan with cooking spray.
2. In a large mixing bowl, whisk flour, corn meal, sugar, baking powder, soda, salt and allspice until combined.
3. In a separate bowl, mix coconut oil and yogurt. Whisk in the eggs one at a time and then stir in the maple syrup, lemon curd, extract, as well as lemon juice and zest; mix until smooth.
4. Add the wet ingredients to the dry and stir until just combined. Don't over mix. Fold in the blueberries.
5. Pour batter into prepared springform pan and bake in the oven for 40 to 45 minutes, or until toothpick inserted into the centre comes out clean. Remove cake form oven and allow to cool in the pan for about 10 minutes. Gently remove cake from pan and place on a wire rack to completely cool. Serve cake with additional berries and yogurt.

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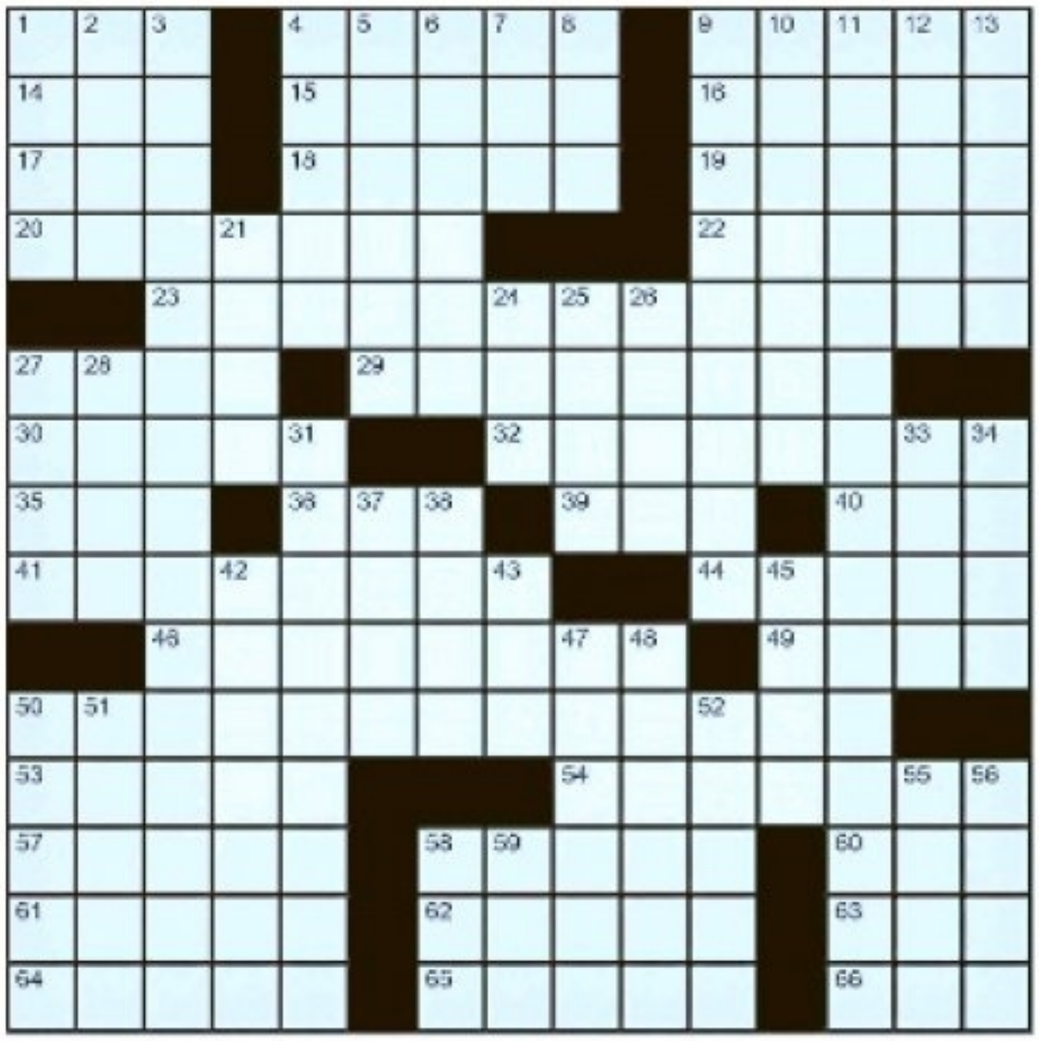
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Terrestrial stage newt
4. "Straight Up" singer Paula
9. Paul Bettany's role in "The Da Vinci Code" (2006)
14. River inlet
15. Brother, in Boucherville
16. _-_-a-customer
17. Request
18. Ain't, archaically
19. Living as pet store birds
20. Sucken treasure thriller starring Jacqueline Bisset and Nick Nolte: 2 wds.
22. INXS' "_ _ a Message"
23. Simcoe is located in this region of Ontario by Lake Erie known as 'Canada's Asparagus Capital' because it's the biggest producer of the springtime veggie in the nation: 2 wds.
27. Australian gemstone
29. Sarcophagus shutter: 2 wds.
30. "I'm a _" by The Beatles
32. Greek Myth: Creature slain by Theseus
35. Euro peak
36. 'Enthusi' ender (Aficionado)
39. Label
40. Egg mass
41. "The _ _ Is the Deepest" by Rod Stewart
44. Egoist's enthusiastic extolment!: 2 wds.
46. Superman-spotter's shout section...: 3 wds.
49. Opportunity
50. British-born novelist of Canadian literary classic Roughing It in the Bush: 2 wds.
53. Love, in Italy
54. Twister
57. Sounds off
58. DWTS judge Carrie Ann
60. Bandmate to Mick
61. Modern English's "_ _ With You"
62. Recurring theme
63. Attempt
64. Kings
65. Sugary
66. Jazz combo instrument

DOWN
1. QED's 'E'
2. Cod or Trout
3. Thrown into the brig: 3 wds.
4. Later on
5. Provides with particulars
6. Tyrant
7. John Keats vase
8. Sanction
9. Course studies in it might cover inequalities and institutions
10. Way to dress for board meetings: 3 wds.
11. "Something To Live For" by Barney Bentall and The _ _
12. Pitching _ _ (Camper's task)
13. Grass roll's characteristic
21. Bananas brand
24. Herbert of 'Pink Panther' flicks
25. Mend
26. Pro wrestler, John _
27. Patron saint of Norway
28. _ Sci (College major, commonly)
31. Cluttery conditions, colloquially: 2 wds.
33. Man, in Milan
34. "_ Petite" by Jackie Wilson
37. Skim
38. Band's big brass
42. Shake up
43. Mr. Robbins
45. 'Z' _ _ Zeballos
47. Revolve
48. The _ Brothers (Rock band)
50. Draped garments
51. Savoury fifth taste
52. Beginning blueprint
55. "_ the Explorer"
56. Cameo component
58. AOL exchanges
59. Immediately

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a challenging day at work. You feel it in the morning, and you feel it in the afternoon as well. Bummer. Yes, happy hour beckons strongly!

Taurus April 21 - May 21
Be patient with kids today, because there will be challenges. Likewise, this is a rocky day for romance. Patience is your best ally to help you keep a lid on things.

Gemini May 22 - June 21
Do your best to keep the peace at home and with family members today because someone will be cranky. This mood starts in the morning and continues into the afternoon. Not good.

Cancer June 22 - July 23
You might be short-tempered in the morning, which in turn makes dealings with someone older a bit strained. Someone might even criticize you. Hang in there.

Leo July 24 - Aug. 23
For some reason, this is not a happy money day for you. You might quarrel about finances or a possession in the morning. In the afternoon, you feel broke or squeezed. Good luck.

Virgo Aug. 24 - Sept. 23
Today the Moon is in your sign; however, you likely will be at odds with a parent or boss in the morning. Best to zip thy lip. In the afternoon, an older family member might be on your case. Oh well.

Libra Sept. 24 - Oct. 23
Avoid controversial subjects today, especially about politics, religion and racial issues. They will only create arguments and resentment. 'Nuff said

Scorpio Oct. 24 - Nov. 22
Be patient with a female friend or acquaintance today so to avoid an argument. Do not fall into worry mode or critical thinking this afternoon.

Sagittarius Nov. 23 - Dec. 21
A squabble with someone in a position of authority might occur this morning. Don't let this get you down in the afternoon. It's important for Sagittarians to be optimistic.

Capricorn Dec. 22 - Jan. 20
Steer clear of controversial subjects today. Likewise, don't argue about travel plans. Nevertheless, criticism from others might be a downer.

Aquarius Jan. 21 - Feb. 19
Avoid arguments about inheritances and shared property today, because they will simply be a waste of time. Postpone decisions for tomorrow, which is a great day!

Pisces
Feb. 20 - March 20
Be accommodating with others today, because the Moon is opposite your sign. Avoid family arguments in the morning. Avoid discussions with bosses in the afternoon. (Yikes!)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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